## Coronary Disease Risk Prediction Score Sheet for Men Based on LDL Cholesterol Level

Step 1

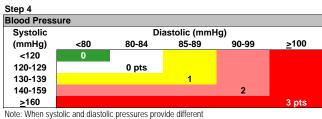
Age	
Years	Points
30-34	-1
35-39	0
40-44	1
45-49	2
50-54	3
55-59	4
60-64	5
65-69	6
70-74	7

LDL - Cholesterol		
(mg/dl)	(mmol/L)	Points
<100	<2.59	-3
100-129	2.60-3.36	0
130-159	3.37-4.14	0
160-189	4.15-4.91	1
>190	>4.92	2
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Key	
Color	Risk
green	Very low
white	Low
yellow	Moderate
rose	High
red	Very high

Step 3

HDL - Cholesterol		
(mg/dl)	(mmol/L)	Points
<35	<u>&lt;</u> 0.90	2
35-44	0.91-1.16	1
45-49	1.17-1.29	0
50-59	1.30-1.55	0
<u>&gt;</u> 60	<u>&gt;</u> 1.56	-1



estimates for point scores, use the higher number

Step 5

Points
0
2

Step 6

Points
0
2

Risk estimates were derived from the experience of the NHLBI's Framingham Heart Study, a predominantly Caucasian population in Massachusetts, USA

Step 7 (sum from steps 1-6)

Adding up the points	
Age	
LDL Cholesterol	
HDL Cholesterol	
Blood Pressure	
Diabetes	
Smoker	
Point Total	

Step 8 (determine CHD risk from point total)

Otop o (dotomino or	ib nok nom point total,
CHD Risk	
Point	10 Yr
Total	CHD Risk
<u>&lt;</u> -3	1%
-2	2%
-1	2%
0	3%
1	4%
2	4%
3	6%
4	7%
5	9%
6	11%
7	14%
8	18%
9	22%
10	27%
11	33%
12	40%
13	47%
<u>&gt;</u> 14	<u>&gt;</u> 56%

Step 9 (compare to man of the same age)

	Comparative Risk		
Age	Average	Low*	
(years)	10 Yr CHD	10 Yr CHD	
	Risk	Risk	
30-34	3%	2%	
35-39	5%	3%	
40-44	7%	4%	
45-49	11%	4%	
50-54	14%	6%	
55-59	16%	7%	
60-64	21%	9%	
65-69	25%	11%	
70-74	30%	14%	

\*Low risk was calculated for a man the same age, normal blood pressure, LDL cholesterol 100-129 mg/dL, HDL cholesterol 45 mg/dL, non-smoker, no diabetes